

North Laurel Senior Center Plus March, 2016

9411 Whiskey Bottom Road
 Laurel, MD 20723
 410-313-7218

Hours: Monday through Friday 9:30am - 1:30pm
 Nancy Riley, Director; nriley@howardcountymd.gov
 Rachel McCracken, Asst. Director; rmccracken@howardcountymd.gov



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p> 9:30 Coffee Talk 10:00 Good Old Days 11:00 Birthday Recognitions 12:00 Lunch 12:45 Exercise w/Liz </p> <p>1</p>	<p> 9:30 Coffee Talk 10:00 Good Old Days 11:00 Birthday Recognitions 12:00 Lunch 12:45 Exercise w/Liz </p> <p>2</p>	<p> 9:30 Coffee Talk 10:00 Good Old Days 11:00 Travel to Italy Pasta and Salad 12:00 Lunch 12:45 Tai Chi w/Dave </p> <p>3</p>	<p> 9:30 Coffee Talk 10:00 Good Old Days 10:30 Sing-a-long w/Kay 12:00 Lunch 12:45 Exercise w/Liz </p> <p>4</p>	<p> 9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 ARL Health Fair 12:00 Lunch 12:45 Bingo </p> <p>5</p>
<p> 9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music w/Al 12:00 Lunch 12:45 Good Old Days </p> <p>7</p>	<p> 9:30 Coffee Talk 10:00 Good Old Days 11:00 Polymer Clay Bead Making 12:00 Lunch 12:45 Exercise w/Liz </p> <p>8</p>	<p> 9:30 Coffee Talk 10:00 Good Old Days 11:00 Music w/The Keltones Shamrock Shindig 12:00 Lunch 12:45 Tai Chi w/Dave </p> <p>9</p>	<p> 9:30 Coffee Talk 10:00 Good Old Days 10:30 Journaling 12:00 Lunch 12:45 Exercise w/Liz </p> <p>10</p>	<p> 9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music w/Charlie E 12:00 Lunch 12:45 Bingo </p> <p>11</p>
<p> 9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Baking Irish Soda Bread 12:00 Lunch 12:45 Good Old Days </p> <p>14</p>	<p> 9:30 Coffee Talk 10:00 Good Old Days 10:30 Healthy Tasting 11:00 Music of Brigadoon 12:00 Lunch 12:45 Exercise w/Liz </p> <p>15</p>	<p> Applications & Research Lab 10910 Route 108 Lunch and Craft 9:30am – 1:30pm </p> <p>16</p>	<p> 9:30 Coffee Talk 10:00 Good Old Days 11:00 St. Patrick's Celebration 12:00 Lunch 12:45 Exercise w/Liz </p> <p>17</p>	<p> 9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Good Old Days 12:00 Lunch 12:45 Bingo </p> <p>18</p>
<p> 9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Spring Fling 12:00 Lunch 12:45 Good Old Days </p> <p>21</p>	<p> 9:30 Coffee Talk 10:00 Good Old Days 11:00 Cooking Eggs 12:00 Lunch 12:45 Exercise w/Liz </p> <p>22</p>	<p> 9:30 Coffee Talk 10:00 Good Old Days 11:00 Easter Around the World 12:00 Lunch 12:45 Tai Chi w/Dave </p> <p>23</p>	<p> 9:30 Coffee Talk 10:00 Good Old Days 11:00 Music w/Al 12:00 Lunch 12:45 Exercise w/Liz </p> <p>24</p>	<p> Closed Good Friday Holiday </p> <p>25</p>
<p> Bob Evans Restaurant 9:30am – 1:30pm (410) 290-0004 </p> <p>28</p>	<p> 9:30 Coffee Talk 10:00 Good Old Days 11:00 Drumming w/James 12:00 Lunch 12:45 Exercise w/Liz </p> <p>29</p>	<p> 9:30 Coffee Talk 10:00 Good Old Days 11:00 Pet Day 12:00 Lunch 12:45 Exercise w/Liz </p> <p>30</p>	<p> 9:30 Coffee Talk 10:00 Good Old Days 11:00 Ceramics w/Charlene 12:00 Lunch 12:45 Exercise w/Liz </p> <p>31</p>	 <p> SPRING IS IN THE AIR! </p>

March **Calendar Notes and News**

Important Dates and Reminders

Happy Birthday: Shirley

Closings:

March **25th** the Center will be closed for Good Friday.

Outings:

Wednesday, **March 16th** Applications and Research Lab Lunch and Craft
10910 Route 108, Clarksville, MD

Monday, **March 28th** Bob Evans Restaurant 9:30am-1:30pm.

It is often cool in our rooms, so please dress appropriately and bring/wear a lightweight jacket or sweater.

Resource and Referral Information

Maryland Access Point, (MAP): Provides free information, assistance, and future planning for older adults and persons with disabilities. Contact them at 410-313-5980, 1-800-506-5806 or map@howardcountymd.gov.

RTA Paratransit Services: 1-800-270-9553, Press 3 and follow prompts.

Inclement Weather Policy

When Howard County Schools are closed or delayed two hours, the Senior Center Plus Program is cancelled. When the public schools have a scheduled day off, please tune to WBAL-TV or contact the center at 410-313-7218 to hear a recorded message regarding center operations.

If you need this publication in an alternate format, call 410-313-7218.